



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09014, Apples, frozen, unsweetened, unheated**

**Report Date: May 22, 2017 01:24 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 173g
<b>Proximates</b>					
Water	g	86.85	6	0.154	150.25
Energy	kcal	48	--	--	83
Energy	kJ	201	--	--	348
Protein	g	0.28	6	0.013	0.48
Total lipid (fat)	g	0.32	6	0.052	0.55
Ash	g	0.24	6	0.012	0.42
Carbohydrate, by difference	g	12.31	--	--	21.30
Fiber, total dietary	g	1.3	--	--	2.2
Sugars, total	g	10.10	--	--	17.47
<b>Minerals</b>					
Calcium, Ca	mg	4	6	0.487	7
Iron, Fe	mg	0.18	6	0.033	0.31
Magnesium, Mg	mg	3	6	0.326	5
Phosphorus, P	mg	8	6	0.242	14
Potassium, K	mg	77	6	2.092	133
Sodium, Na	mg	3	6	0.302	5
Zinc, Zn	mg	0.05	6	0.015	0.09
Copper, Cu	mg	0.058	6	0.004	0.100
Manganese, Mn	mg	0.169	6	0.031	0.292
Selenium, Se	µg	0.2	--	--	0.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.1	6	0.030	0.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 173g
Thiamin	mg	0.013	6	0.000	0.022
Riboflavin	mg	0.011	6	0.001	0.019
Niacin	mg	0.042	6	0.011	0.073
Pantothenic acid	mg	0.054	6	0.004	0.093
Vitamin B-6	mg	0.034	6	0.001	0.059
Folate, total	µg	1	6	0.060	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	6	0.060	2
Folate, DFE	µg	1	--	--	2
Vitamin B-12	µg	0.00	--	--	0.00
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	34	6	6.509	59
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.053	--	--	0.092
12:0	g	0.001	--	--	0.002
14:0	g	0.001	--	--	0.002
16:0	g	0.044	--	--	0.076
18:0	g	0.007	--	--	0.012
Fatty acids, total monounsaturated	g	0.013	--	--	0.022
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.012	--	--	0.021
Fatty acids, total polyunsaturated	g	0.095	--	--	0.164
18:2 undifferentiated	g	0.078	--	--	0.135
18:3 undifferentiated	g	0.017	--	--	0.029
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.003	--	--	0.005
Threonine	g	0.010	--	--	0.017
Isoleucine	g	0.011	--	--	0.019
Leucine	g	0.017	--	--	0.029

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 173g
Lysine	g	0.017	--	--	0.029
Methionine	g	0.003	--	--	0.005
Cystine	g	0.004	--	--	0.007
Phenylalanine	g	0.008	--	--	0.014
Tyrosine	g	0.005	--	--	0.009
Valine	g	0.013	--	--	0.022
Arginine	g	0.009	--	--	0.016
Histidine	g	0.004	--	--	0.007
Alanine	g	0.010	--	--	0.017
Aspartic acid	g	0.048	--	--	0.083
Glutamic acid	g	0.029	--	--	0.050
Glycine	g	0.011	--	--	0.019
Proline	g	0.009	--	--	0.016
Serine	g	0.011	--	--	0.019
Other					